

CLEAR for Adults

Support for people affected by sexual abuse and emotional trauma

CLEAR
Emotional Trauma & Therapy Specialists



CLEAR for Adults

We support adult victims and survivors of rape and sexual violence, domestic abuse and other forms of emotional trauma. CLEAR supports men and women.

We know how difficult it can be to take that first step in seeking help or to talk to someone about what has happened to you. We are here to listen and support. We won't tell you what to do but we can help you to make your own choices. Most of our 1-2-1 work is through person-centred counselling but we also offer trauma-focused therapy, group work and help for your own support network of family and friends.

We have over 30 years' experience in supporting adult survivors of rape and sexual abuse. All our delivery is through practitioners with specialist knowledge and training. Our therapists and counsellors are trained, qualified and registered with the appropriate governing body. Our services are monitored and evaluated, with feedback from clients used to continuously improve and develop what we do.

Our counsellors and therapists provide support in easily accessible places where you can feel safe and comfortable. 92% of our clients tell us that our services result in an increase in their emotional health and wellbeing.

To access support you, or a support worker or agency should complete a referral form and send this to us. You can download the referral form from our website www.clearsupport.net/adults or request one from us – via our referral line **0771 567 2238** or by email from: referrals@clearsupport.net

“It has helped me deal with bad memories and has given me the tools to move forward.”

“Thank you immensely for your counselling help during my first year at university, it completely changed my life and I have never been happier or more confident. I am graduating this month with a First.”



You will have an initial assessment to ensure that we fully understand your situation and can match you with the service that best meets your needs. This may be one or more of:

- **One to one support through counselling and therapy. Sessions usually take place weekly for an hour over a period of 10 - 20 weeks depending on the type of one to one support**
- **Help for your support network of family and friends**
- **Group work**
- **Signposting to other appropriate organisations**

Confidentiality

Our service is confidential - anything that you choose to tell us will not be discussed with any other organisation, unless you wish us to do so. The exception to this is the disclosure of any person under 18 who is at risk of harm, or if you are at risk of harming yourself or others.

Funding

CLEAR receives some funding from the Ministry of Justice and the Police to support our work with victims of rape and sexual abuse. There is a big demand for this service so there is often a waiting list and we may not be able to see you for several months. We will explain the current wait-time to you when your referral is received. We are working hard to bring in additional funds to bring the waiting time down. Counselling and therapy can also be purchased direct, please contact us for details.

If you are not working and are currently a participant on the Who Dares Works or Positive People projects, or if you join one of these projects, you may be able to be referred to CLEAR by your mentor or change coach. They will have a referral form to enable them to do this.



Can you help us?

The demand for our services outstrips our current resources and we need your help to help us support more people.

#OnaCLEARday is our campaign to encourage as many businesses, organisations, schools and individuals as we can to have a fundraising event for CLEAR. There are 365 days a year to choose from and a myriad of possibilities. From a welly throwing contest, to a bake-off, to a sponsored walk! Please get in touch for a fundraising pack.

Thank-you.

Visit our Donate Now and #OnaCLEARday webpages

What will your CLEAR day look like?

Contact us

Phone: **01872 261147**

Through the contact form on our website:
www.clearsupport.net

For referrals:
referrals@clearsupport.net

For fundraising and general enquiries:
admin@clearsupport.net

And follow us on:

 @ CLEARCornwall

 @ ClearCornwall



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